

Fermanagh & Omagh District Council Community Support News – June 2024

The Community Support Newsletter is published monthly. Regular updates are also issued by email. If you wish to receive these or place an article in the Newsletter, please contact Alison Gilmore on 0300 303 1777 ext 21217 / email alison.gilmore@fermanaghomagh.com

Please note the deadline for the next Newsletter is Tuesday 25 June 2024

Council News & Events

Children and Young People Summer Programme 2024

Places still available

The 2024 summer programme runs throughout July and August with weekly camps and daily specific sports and activity sessions taking place in various locations across the district. The variety of activities available through the summer will guarantee children and young people make this summer one to remember with multi-sport activities, soccer, arts and crafts, drama, inclusive summer camps, athletics, gymnastics, Minecraft workshops, comic book masterclasses and much more.

For the Summer Programme 2024 schedule and online booking links: [click here](#)

Please note spaces are limited and are available on a first come first served basis

PCSP Emergency Services Day 2024

Fermanagh & Omagh Policing Community Safety Partnership (PCSP) once again hosted Emergency Services Day on Sunday 26 May at Broadmeadow, Enniskillen, showcasing the amazing work of our local volunteers & Emergency Services.

Compered by BBC Presenter, Barra Best, the event provided rescue and investigative demonstrations, opportunities to step inside ambulance, fire and police service vehicles, helicopter landings, and much more .

If you attended the event, Fermanagh & Omagh PCSP would like to hear from you. Simply visit: <https://tinyurl.com/PCSPESD2024>

The survey is anonymous; your feedback will help inform future PCSP events.

Sperrins Partnership

Shape the future of the Sperrins

With the first ever Management Plan for the Sperrin Area of Outstanding Natural Beauty being developed, the Sperrins Partnership want to hear from you.

What are your priorities for the area over the next 5-10 years?

Come to a local workshop and have your say –

- **Tuesday 4 June**, 12-2pm, An Creagan, 186 Barony Road, Omagh BT79 9AB
- **Thursday 6 June**, 6.30-8.30pm – Gortin Community Centre, 62 Main Street, Gortin BT79 8JN

Or, to take part in the community survey, visit <https://www.surveymonkey.com/r/SperrinPublic>

For more information visit <https://sperrinspartnershipproject.com/sperrin-aonb-management-plan/>

Call for Sites

Fermanagh and Omagh District Council have a fantastic opportunity for landowners, developers and interested parties to promote sites within the district to be considered for housing or industrial land use.

Submit your site via our online form before Thursday 13 June.

An opportunity not to be missed.

For more information visit bit.ly/43fJxx0 or contact developmentplan@fermanaghomagh.com

Have your say on Supplementary Planning Guidance (SPG)

Our local development plan team invite your comments on draft SPG's. These documents provide advice and guidance in relation to planning policies within the Local development Plan. These include:

- Energy Efficiency
- Affordable housing
- Homeworking
- Minerals Financial Guarantees
- Shopfront Design
- Solar Farms
- Sustainable Drainage Systems (SuDs)

To view the documents and submit your comments visit <https://bit.ly/3UT2zoS>

before Thursday 13 June.

If you require any further information please email developmentplan@fermanaghomagh.com

Cole's Monument in Forthill Park, Enniskillen

Now open for guided tours every Saturday and Sunday until 29 September.

Climb the spiral of 108 stairs to enjoy panoramic views of Enniskillen.

Book onto a tour via <https://www.enniskillencastle.co.uk/.../atop-cole-s.../>

Dementia friendly film at Strule Arts Centre, Omagh

Friday 31 August, 2.30pm

'High Society'

When a dementia friendly film is being screened, to create a comfortable and welcoming environment for individuals living with dementia, as well as their family members and care givers, adjustments will be made to the theatre experience at the Strule Arts Centre, including additional signage, softer lighting, lower sound levels, reduced audience interaction rules and staff have completed dementia awareness training.

The event is open to anyone and tickets can be booked online at

<https://struleartscentre.co.uk/your-visit/booking-tickets/>

or by telephoning the Strule Arts Centre on 028 8224 7831

In addition to the film screening, the Strule Arts Centre offers a special option for attendees to enjoy a light lunch in the Strule Café before the film. This meal is available at a discounted rate.

For further information visit <https://www.fermanaghomagh.com/article/council-introduces-dementia-friendly-films-at-strule-arts-centre-omagh/>

Community Wellbeing at Fermanagh and Omagh District Council

This site will provide up-to-date information in relation to Sport and Countryside Recreation programmes, events and activities across the district.

<https://www.facebook.com/SportandCountrysideRecreation/>

Community Centres

Our community centres are available to hire for children's activities/parties, community events, health and sporting activities, special occasions and corporate events.

For further details or to make a booking visit

<https://www.fermanaghomagh.com/services/community/community-centres/>

List of events across the District

Visit <https://www.fermanaghomagh.com/events-and-festivals/>

Fermanagh and Omagh Policing and Community Safety Partnership (PCSP)

A partnership between the Council, statutory providers and the community. The partnership is made up of elected and independent members and representatives from the statutory sector.

Follow us on Facebook via the link below

https://www.facebook.com/FermanaghandOmaghPCSP/?locale=en_GB

Consultations

Consultations provide you with an opportunity to have your say. They also help us to find out what you think and to understand your priorities and concerns about our district. Further information is available at

<https://www.fermanaghomagh.com/your-council/consultations/>

Charity Support

Fermanagh and Omagh District Council may provide support to charities in a number of ways including the provision of grant aid; the attendance of the Council Chair or Vice Chair at photo opportunities; use of Council facilities and the illumination of Council buildings to mark specific days of significance to a chosen charity which is associated with a particular colour.

For further information visit <https://www.fermanaghomagh.com/services/community/>

Please note, applications for the use of Council facilities or the illuminating of Enniskillen Castle and Strule Arts Centre in a particular colour, should be submitted to the Council **at least 6 weeks** before the date requested, to allow sufficient time for the application to be considered.

To make an illumination request please complete <https://form.jotform.com/222782646405055> or for any enquiries regarding Council support to charities,

email communitysupport@fermanaghomagh.com

Community Support

The Community Services Department offers support to individuals and organisations within the community and voluntary sector promoting community action. Officers within the Community Services Team are available to assist community groups and voluntary organisations make as big a difference as possible to local lives and issues. For further information, please visit [Community – Fermanagh & Omagh District Council \(fermanaghomagh.com\)](https://www.fermanaghomagh.com)

The link below can help you find your local Community Support Officer - please contact us for any assistance you or your organisation may require on 0300 303 1777

<https://fermanagh.maps.arcgis.com/apps/ZoneLookup/index.html?appid=82210c413ab74bcd8da1750af0321163>

Community News

Cancer Connect NI

Coffee Morning

Saturday 1 June, 10am-1pm

Franco's Garden Room, Queen Elizabeth Road, Enniskillen

Public consultation launched on £20k threshold for charities in NI

This is an important consultation for the Community/Voluntary sector on a threshold below which charities in Northern Ireland would not be required to register with the Charity Commission for Northern Ireland, or to provide an annual report and accounts.

All groups are encouraged to respond.

The consultation will also seek views on the regulatory framework for those charities falling below the threshold and choosing not to register.

The consultation will close on Sunday 11 August 2024.

Further information is available at [Public consultation launched on £20k threshold for charities in NI | Department for Communities \(communities-ni.gov.uk\)](#)

Local information sessions to assist you in responding to the questionnaire will be held as follows:

- **Strule Arts Centre Omagh on Tuesday 11 June from 12-1pm**
- **Online event on Tuesday 25 June from 5-6pm.**

Alzheimer's Society

Dementia Café

Mondays 2pm to 4pm

3, 10, 17, 24 June & 1 July

Belmore Court Motel, Tempo Road, Enniskillen, BT74 6HX

A warm and welcoming space for people living with dementia and their support partner

Light refreshments provided

For more information and to book your place, please contact Martin Bradley, Dementia Adviser on 07725 475715

BBC Comes to Town – Enniskillen

Wednesday 19 and Thursday 20 June

Enniskillen Castle

As part of activities and events to mark 100 years of the BBC in Northern Ireland, a special series of BBC roadshows are taking place at locations across the region.

This year-long initiative has been developed in partnership with Libraries NI and local libraries will be a broadcast and production centre for much of what is taking place.

There'll be opportunities for school and community groups to take part in a BBC Interactive Exhibition. It will give visitors a chance to experience what it's like to present a BBC weather forecast or BBC Newsline bulletin. And there'll be other interactive fun with sports commentary, radio drama and information about BBC apprenticeships and careers.

Hourly sessions will be offered to local primary and post-primary schools up until about 3pm.

From 3pm until 5pm, we will be open for local community groups and the general public to come along – either bookable or drop-in format.

For further information, contact Paula Gilmurray, Assistant Producer, BBC Northern Ireland on 07813 968839 Email paula.gilmurray@bbc.co.uk

D-Day 80 Commemorative Community Events

Thursday 6 June

A special community service to mark the 80th anniversary of D-Day will take place in St Macartin's Cathedral at **8pm** and an invitation is extended to everyone.

Following the service there will be a Beacon lighting ceremony in the grounds of St Macartin's performed by Viscount Brookeborough, Lord Lieutenant for Co Fermanagh.

Fermanagh & Omagh District Council will illuminate Enniskillen Castle and the Strule Arts Centre, Omagh in Blue on Thursday 6 June to commemorate the 80th Anniversary of D-Day.

Saturday 8 June

A Drum Head Service with the Royal Dragoon Guards will take place at St Michael's Church, Troy at **10am** and everyone is welcome.

Opening at 11am, Enniskillen Airport, formerly RAF St Angelo during WW2, will host one of the largest free community commemorations in Northern Ireland to mark D-Day 80 with something for all the family including WW2 vehicles, Regimental Bands, Military Village & Emergency Services Display.

Join the 'Big Lunch', bring along your picnic and meet volunteers marking National Volunteer Week, from a range of health and wellbeing charities as part of the 'Big Help Out'. The Ulster Aviation Society's replica 'Spitfire' will be there as well as a massed County Fermanagh Pipe Band and a variety of live music throughout the day.

The Regimental Pipes & Drums of The Royal Dragoon Guards and The Band, Bugles, Pipes & Drums of The Royal Irish Regiment will perform a Beating Retreat at **4pm**.

With many more **free activities** for all the family, it is a community event for all!

If you are a volunteer led community or charity group and wish to showcase the services and support you offer at this community event, please contact selwynjohnston16@gmail.com

Launch of the Inniskillings Museum's Reading Room

Friday 7 June, 11am to 1pm

The Inniskillings Museum is thrilled to announce the launch of its public reading room as part of the Access Inniskillings project, made possible through support from the National Heritage Lottery Fund and the Lough Erne Landscape Partnership.

The Inniskillings Museum and the Lough Erne Landscape Partnership have been working in partnership to make the Inniskillings collection accessible to all through digitisation. In pursuit of protecting fragile archives while also enhancing public accessibility to the collection, the Museum has digitised over 18,000 images up to the year 1900. Through digitisation, the risks associated with handling the collection are significantly decreased.

Our new in-house database, known as ISMARTS, aims to store extensive digitised materials. The digitised volumes of the regimental magazine, the Sprig of Shillelagh, span from 1890 to 1968.

These are invaluable sources of information about the Royal Inniskilling Fusiliers and stories of those who served in and with the regiment. The Inniskillings Museum has also digitised the early-twentieth-century editions of the Donegal's Own, the journal of the 5th Battalion Royal Inniskilling Fusiliers, and the War Diaries from the Great War.

The highly-anticipated reading room at Enniskillen Castle will be available to users from far and wide, who are invited to explore the digitised material free of charge.

It is essential to pre-book a slot in advance to ensure fair access to the reading room.

Access Inniskillings has deepened our knowledge of the paper archives' contents, promoting a deeper understanding of the rich military heritage of County Fermanagh. The project will leave a legacy in terms of public accessibility to the collection held by the Museum for the public, genealogists, historians and families of former Royal Inniskilling Fusiliers who helped shape world history in the 18th and 19th centuries.

[Access Inniskillings: Launch of the Inniskillings Museum's Reading Room Tickets, Fri, Jun 7, 2024 at 11:00 AM | Eventbrite](#)

Northern Ireland Blood Transfusion Service

The Northern Ireland Blood Transfusion Service is asking for your support, if at all possible. In Northern Ireland upwards of 850 units of blood are used by patients each week, yet 94% of the eligible population still do not give blood. Donated blood is usually transfused within three to four days of donation and we need to attract many new donors to ensure a safe supply of blood to our hospitals. Blood is used in numerous ways, such as going to a child with leukaemia, a mother during childbirth, a person undergoing routine surgery, a person with cancer, or someone involved in an accident.

Please help to encourage donors to attend local blood donation sessions.

Visit <http://www.nibts.hscni.net/donating-blood/where-to-donate/> for details of further Sessions

To book an appointment: Online: www.nibts.org Call: 08085 534 653

Belleek CCE

Sunday 2 June, 5-8pm

Monthly session in The Riverside Bar, Garrison (children's session for the first hour).
All musicians, singers and listeners most welcome.

Sunday 14 July

Our fundraiser – Traditional Music Seisiun at Sea on board the Donegal Bay Waterbus.
Boarding at the Pier in Donegal Town 2.30pm sharp.
Light supper served/full bar facilities.
Tickets £20 each. Booking is essential.
Contact Bernie McNulty, Branch Secretary on 028 6865 9081 for further information.

Sunday 2 – Sunday 9 June

Fermanagh Fleadh in Newtownbutler.
Competitions on 8 and 9 June.

New NSPCC Online Service

Building Connections

Feeling lonely isn't easy. In fact, it's a common struggle among young people, with two-thirds admitting they don't feel equipped to cope with it. Building Connections is a new NSPCC online service for young people up to age 19 who are feeling lonely. Over 11 sessions, you'll receive support from a trained befriender to help build your confidence and manage loneliness.

For more information visit <https://bit.ly/4doyFBn> (Website) <https://bit.ly/4aZzRJV> (Facebook)

Good Relations Week 2024

16 - 22 September

Embraces 'OpportUNITY' – a call to action to create a brighter, inclusive future for all.
'OpportUNITY' is a collective moment for us all to UNITE and be architects of change in helping build a region where every voice matters.

By showcasing the dynamism, creativity and dedication of local groups, organisations and individuals we can spotlight the transformative power of working together to address challenges such as sectarianism, racism, inequality, health and well-being, poverty and education.

Get involved in Good Relations Week 2024 and help create a future where inclusivity and diversity are not just celebrated but lived.

[Register your event for Good Relations Week](#)

The Patient and Client Council (PCC)

Do you have a concern about health or social care?

We can provide you with support and advice. PCC offer a support service for all. If we can't help, we aim to connect you to those that can.

Call Freephone on 0800 917 0222 9am-4pm, Monday-Friday.

New Helpline Number for Family Benefits Advice Service

Employers For Childcare's Family Benefits Advice Service helpline has changed to 028 9267 8200

Find out more at www.employersforchildcare.org

Contact them by phone or email hello@employersforchildcare.org for childcare advice and information

Volunteers' Week 3 – 9 June 2024

This year marks the 40th anniversary of Volunteers Week – a UK-wide celebration that shines a light on the incredible impact that volunteers make in communities.

Latest Volunteering Opportunities

Fermanagh <https://www.volunteernow.co.uk/volunteering-opportunities/>

Omagh <https://omaghvolunteercentre.org/opportunities>

Foyle Hospice Extends Services

The Foyle Hospice now provides specialist palliative care services in the Tyrone and Fermanagh areas. Many patients wish to remain in their homes, close to family and loved ones for as long as possible.

The Foyle Hospice Community Specialist Palliative Care Team is a group of specially trained nurses who provide professional palliative care expertise and support to patients and their families in the comfort of their own homes. We are delighted to announce that this service is now available across the Western Health and Social Care Trust area, which includes Fermanagh and Omagh. These nurses work as part of a team, liaising closely with GPs, District Nurses, Hospital Palliative Care Teams, and other professionals.

All of our services are provided to patients and families free of charge. Less than 35% of our income comes from government sources, which means fundraising is vital. We will always need your help.

For further details on all of the services provided by Foyle Hospice, visit www.foylehospice.com or call 028 7161 0798 to speak with a staff member.

If you would like to speak directly to a local fundraiser, call Caroline O'Kane on 07842 448306 or email carolineokane@foylehospice.com

Northern Ireland Consumer Council

Check your Passport!

If you are planning on travelling abroad in the next few months, check that your passport is still valid. The length of time you need on your passport's validity depends on the country you are visiting.

If you hold a UK passport and are visiting the European Union (except Ireland), you must be able to answer yes to the following questions:

- Was your passport issued less than ten years before the date you enter the country?
- Does it have three months validity remaining after the day you plan to leave?

If you need to renew your passport, make sure you allow sufficient time to do this.

You can check requirements and foreign travel advice for all countries on the [gov.uk website](http://gov.uk)

Tai Chi and wellness practices via zoom

Suitable for all ages and abilities

Provided by Ann and Paula from Lifestyle Development

Promote Self-care, health and well-being, Relaxation & Reducing Stress

The sessions will take place via zoom on Monday mornings 10th, 17th, 24th June

The Zoom link will open at 11am and the session will begin at 11.15am and finish at 12.15pm.

Learn a range of self-help practices which promote health & wellbeing, including:

Gentle movements eg Tai Chi (can be done seated or standing)

Emotional Freedom Technique (Tapping)

Breath Work

Acupressure

Finger Holds to manage emotions

Ps You do not need to attend all sessions, but obviously it would be more beneficial for you if you could.

For more information or to receive the zoom link for these sessions (same link for each week), please contact anita@cwsan.org or 07540 635862

These sessions are kindly funded by Public Health Agency through the NICHI programme, managed by the Community Networks in the Northern Area

NB. If you have a local venue with Wi-Fi, projector and a large screen/blank wall, feel free to sign into the session and invite people that aren't confident using zoom or getting online to come along. Maybe you could even offer them time for a cuppa and chat afterwards

Northern Ireland Policing Board

Our Community Policing Survey 2024 has launched! Click on the link below to find out more.

<https://www.nipolicingboard.org.uk/news-centre/have-you-worked-psni-tackle-local-issues-we-want-your-views>

The survey closes on 30 June 2024

Oak Healthy Living Centre

Programme of Activities - April to June 2024

For a copy of our current programme please visit <https://www.oakhealthylivingcentre.com/>

Please call the centre on 028 67723843 if any queries.

Free Stress Control Online Course

The next **free** Stress Control **online** course will start on **Monday 3 June**. The course will run for 6 weeks. You do not need to register to join – just follow the instructions at

<https://ni.stresscontrol.org/> to view each weekly session. Each of the 6 sessions are available online for 7 days.

Tara Centre

11 Holmview Terrace, Omagh BT79 0AH

Ongoing Services: Counselling/Psychotherapy, Art Therapy, Complementary Therapies

· **Meditating Together** Mary Daly and Maura Twohig

Tuesdays, 10.30am – 12 noon

(Open to anyone who has followed the Tara Centre Meditation Course for Beginners)

· **“Finding Freedom from Personal and Ancestral Issues”** Jim Cogley

Friday 21 June 7pm – 9.30pm (registration 6pm - 6.55pm) and Saturday 22 June 10am – 4.15pm

· **Yoga for Beginners and Intermediates**

Heather Kemps - 8 week block

Beginners: 10.30am – 12pm Wednesdays

Beginners: 6pm – 7.30pm Thursdays

Intermediates: 7.30pm – 9pm Thursdays

· **Meditation “The Soul of Healing”** Mary Daly and Maura Twohig

Saturday 8 June, 11.30am – 5.00pm (registration 11.00am – 11:30am)

(Open to anyone who has followed the Tara Centre Meditation/Mindfulness Course for Beginners)

Support Groups

· PATHS Meetings: every 2nd Tuesday of each month 8pm-9.30pm

· Omagh Men’s Support Group: Mondays 7.30pm-9.30pm

Victims and Survivors Grant available for some of the costs associated with the provision of counselling/psychotherapy, complementary therapies and some workshops/seminars

For all enquiries/to book a place, please contact reception on 028 8225 0024

Email: info@taraomagh.com

Safeguarding Board Northern Ireland (SBNI)

We are delighted to officially launch the new Online Safety Hub for young people, parents, carers and professionals in Northern Ireland.

The Hub was developed in partnership with Ineqe Safeguarding Group, and delivered as part of the NI Executive’s Keeping Children and Young People Safe: An Online Safety Strategy.

It is split into two sections, one for adults and one for young people and brings together expert advice and resources from a range of member and partner organisations so that audiences can easily access education and support all in one central place.

For further information visit <https://onlinesafetyhub.safeguardingni.org/>

Victim Support NI

Volunteers Required!

Victim Support NI is the leading charity providing support to victims of crime in Northern Ireland, but did you know they also support prosecution witnesses at courts throughout Northern Ireland through their Witness Service?

They urgently need new volunteers to help provide this service in the Fermanagh area. If you can spare a day or two per month, to help greet and support witnesses at Enniskillen court, please email volunteer@victimsupportni.org.uk or apply online at www.victimsupportni.com/volunteer

Full training will be given and all out of pocket expenses are reimbursed.

Volunteering is a great way to improve your mental wellbeing and has proven benefits for your general health so why not give it a go?

NOW Group

For individuals aged 16+ with Autism, Learning Disability/Learning difficulty, Neurodiverse conditions

Help with finding employment, 1-2-1 job support with Job Searching Techniques, CV building, Interview Preparation, Employer Visits and tailored work placement opportunities.

Essential Skills in English on Thursday in our Enniskillen Hive, 27c East Bridge Street Enniskillen BT74 7BW.

Level 1 Loaf Catering Academy starts in June - this will involve Hot and Cold Sandwiches prep, Food and Drink Service, Handling Food Service, Housekeeping Service, Skills in Customer Service, Reception Duties and Food preparation.

Erne Hivers Social Groups runs every Wednesday evening from 6pm to 8pm for 18+. Activities include Games night, art club, walking, cinema, bowling, going out for dinner etc.

On a Friday from 10.30am to 1pm, NOW Connect Employability Academy in our Enniskillen Hive 27c East Bridge Street Enniskillen BT74 7BW, Pre-Employment Training focusing on confidence and Motivation, Effective Communication Skills, Team Working Skills, Using Initiative, Workplace Etiquette.

New family service for under 5s

Under early intervention funding -

- We work with parents if they have a diagnosis or self-identify as having a learning disability, difficulty, ASD or a barrier to learning from pregnancy until the child is 5.
- On any area of parenting (e.g. budgeting, routines, safety, own well-being) & can attend appointments with parents
- Deliver parenting programmes incredible years & five to thrive
- Offer peer support - weekly kids group (with parents) & monthly parents evening (no children)

Contact Marie Maguire on 07818 749712 or go to our website www.nowgroup.org

Universal Credit & Job Support Sessions

Presented by Enniskillen Jobs & Benefits

Enniskillen Library	Wednesday 19 June	2.00pm - 4.00pm
Lisnaskea Library	Thursday 27 June	2.00pm - 4.00pm
Irvinestown Library,	Wednesday 3 July	2.00pm - 4.00pm

Come along for advice and support on:

Department for the Economy's Careers Service | CV and interview skills | Job search and job opportunities available | Support to apply for jobs on the day

Support with the rising cost of living

The high cost of living – from energy bills, rent and mortgage costs to the price of groceries – can put additional worries, stresses and pressures on everyone.

Cost of Living 24 highlights the help available. Whether you need support with your mental health, assistance managing expenses or ideas for low-cost ways to relax, this is a one-stop shop for all such information.

Visit <https://communitywellbeing.info/cost-of-living-24/> for further information.

Supported Employment Solutions

Supporting people with disabilities and health conditions to retain employment

This **free service** is open to new participants - all areas of disability are covered by the SES consortium through seven specialist disability support organisations

Workable (NI) is a flexible programme which assists people with disabilities to return to work or remain in their current job of at least 10 hours/week or more.

Each of the SES partners provide their own tailored specialist support to best meet the needs of the individuals they assist in the workplace. Support may include:

- Specialist one to one support to the individual
- On the job and/or outside of work training
- Specific training identified for the employee to assist them in their work above what the employer would normally offer
- Specific disability awareness training to employer and work colleagues
- Advice and assistance with making reasonable adjustments in the workplace

A support package is agreed between the employee, employer and the SES provider for a period of 1 year, however this can be extended depending on the individual needs.

Referral onto the Workable (NI) programme can be completed by completing a form online [Contact | Supported Employment Solutions \(sesni.org.uk\)](#)

For more information please visit our website www.sesni.org.uk, or call Michael on 07921 776372, or Patricia on 07976 640226 or email workable@sesni.org.uk

Aftercare Services for Previous Nexus Clients

Nexus aftercare services are a set of free services within a programme called RESET that are available to people aged 16 and over who have completed their counselling or group support journey with us.

RESET is funded by The National Lottery Community Fund and is the next step in your recovery journey; a one-of-a-kind programme that is tailored to your needs to support you to thrive.

For more information or to sign up visit www.nexusni.org/aftercare-services/ or email reset@nexusni.org

British Nutrition Foundation Drummond Community Award 2024

This award recognises an individual (eg a health professional, academic, teacher or volunteer) or a group that has undertaken a community initiative to support healthier eating in vulnerable group(s). Individuals must be nominated (self-nominations will not be accepted) in order to be considered for this award; however the nominee is required to complete one section of the application form and to submit the application.

If you know of a worthy winner, we encourage you to nominate them. Full details including information about previous winners can be found at [The Community Award](#)

Applications must be received by midnight on Sunday 2 June 2024.

Lough Erne Yacht Club

RYA Accredited Youth Sailing Courses

Course 1: 08–12 July inclusive 9.30am - 4.30pm each day

Course 2: 15–19 July inclusive 9.30am - 4.30pm each day

Course 3: 22–26 July inclusive 9.30am - 4.30pm each day

Course 4: 29 July–02 Aug inclusive 9.30am - 4.30pm each day

Course 5: 05–09 Aug inclusive 9.30am - 4.30pm each day

Adult Dinghy/Keelboat Courses also available

For further information email sailingcoursesleyc@outlook.com

To book – go to www.lougherneyc.com

Erne Paddlers

Progressive paddlesports courses continue every month and our June courses are now available to book. We have something for everyone from beginners up to experienced paddlers. There are also family fun courses to suit kids (7yrs+) and after school paddlesports skills for 8-14 yr olds. Midweek and weekend Lough Erne trips are also available. Full details of all courses and activities, and tickets are available here: www.ernepaddlers.org.uk/events

Summer is almost here! **Our paddlesports camps for kids are available to book now.**

Six weeks of paddlesports fun for children aged 7-14 yrs during July and August. Each camp will run for five days with sessions in the morning and in the afternoon. All paddlesports and safety equipment will be provided and every session will be led and supervised by our qualified team of instructors. Book online at www.ernepaddlers.org.uk/events

Our AGM is due to take place on Saturday 29 June. Everyone is welcome to attend. Come and meet our coaches, board members and volunteers. It's a great opportunity to find out about the club and help us plan for the future.

We continue to work with local charities, schools and other statutory organisations to provide paddling opportunities to the community in Fermanagh. We are always keen to connect with other local organisations to increase access to paddlesports and we have connected with the local Social Prescribing hubs so that people may be referred directly to us.

Erne Paddlers is a not-for-profit registered charity and an inclusive club. We actively promote inclusive paddling opportunities. If you need extra support to paddle, please get in touch to discuss how we can help. If you would like to talk to us about bespoke activities for a particular group, just give us a call. We try to keep prices as low as possible and there are additional discounts available depending on individual circumstances. Find us on Facebook, Instagram and X for regular updates too. If anyone would like to find out more, please get in touch via social media, email@ernepaddlers.org.uk or call/WhatsApp 07468 911398.

Upcoming baby loss support service

Sunday 16 June at 3.30pm in St Anne's Cathedral, Belfast

Saying Goodbye (part of the Mariposa Trust) is a very special baby loss remembrance and support service.

The Mariposa Trust's core objective is to support people who have lost babies at any stage of pregnancy, at birth, or in infancy.

To read more on the charity, please visit www.sayinggoodbye.org

Making Our Nervous System Work For Us
Using the Polyvagal Theory to Improve Well-Being
Tuesday 18 June, 10am-1pm via Zoom

To mark Autistic Pride Day – a day to recognise and embrace their unique strengths, we are exploring what the Polyvagal Theory has to offer us all, whether we are somewhere on the autistic spectrum or not.

We all have times when the stresses of life shift our nervous system into a fight / flight or shutdown response. Learning to apply the Polyvagal Theory has the potential for us all, not only to understand autism better, but to help make our nervous system work with more flexibility.

Sign up via <https://www.eventbrite.co.uk/e/877405281817?aff=oddtcreator>

NI Chest Heart and Stroke
Blood Pressure Campaign
Your Number's Up

6 out of 10 strokes could be prevented by leading a healthy lifestyle and managing high blood pressure! 1 in 8 people in NI are living with high blood pressure though many don't know it. Could you be one of them? High blood pressure often has no signs or symptoms - so the only way to know if your number is up is to get checked.

Top Tips for a Healthy Blood Pressure include:

1. Reduce Salt intake
2. Be More Active
3. Maintain a Healthy Weight
4. Limit Alcohol Intake
5. Increase Fruit and Vegetable Consumption

Find out more at www.nichs.org.uk/highbloodpressure

Bowel Cancer Awareness

A high fibre diet seems to reduce the risk of bowel cancer and other chronic diseases like cardiovascular disease and type 2 diabetes.

Most of us don't eat enough. Find out some top tips from a Registered Dietitian on how to increase your intake.

To find out more, watch this short video <https://youtu.be/XuJ2kxdoD-4?si=txeO2COYVwLPfJmY>

A wide range of free 30 min nutrition webinars for all life stages and healthy recipe videos are available. Watch on YouTube at <http://pha.site/public-health-dietitians-youtube>

Training Opportunities

Gamified Essential Skills Programme

Are you unemployed or struggling to get full time employment due to a lack of qualifications? Achieving your essential skills in English and/or Maths could help.

If you enjoy gaming, this programme could be for you. If you have no digital skills don't worry. Participants who fully engage on the programme will receive an Amazon voucher (Ts&Cs apply)

Starting June 2024 - Classes on Thursdays - Refreshments provided - Location Omagh

This programme is **free** and travel expenses are covered.

Do one or both qualifications - it's up to you!

To find out more or to register call 07739 651536 or PM us now!

MANifest training

Tuesday 18 June, 9.30am-4pm

Omagh Recovery College

Organised as part of celebrating Men's Health Week, this workshop explores key issues impacting men and their mental wellbeing.

For practitioners/service providers (male & female) who work with men in any setting, to understand what works in order to be able to effectively engage with men and signpost them to a range of services

Spaces are limited and on a first come first served basis.

Please contact ellie.leonard@westerntrust.hscni.net to register.

Please note: This workshop explores mental health issues including suicide. It may not be suitable for anyone recently bereaved or affected by suicide.

Investing in Community Leadership: Renewable Technologies

Level 2 (NCFE) Award: Introduction to Domestic Renewable, Low Carbon Technologies

Booking fee of £30 required to secure your place and contribute to accreditation costs

(Usually this course would cost £270 per person but this has been covered through funding from The National Lottery Community Fund).

Who should attend this training?

- Does your group or organisation have a hall or building, and would you like it to be more energy efficient, reducing your costs and improving your sustainability?
- Have you thought about investing in renewable energy but no idea where to start? Considered adding solar panels, improving your insulation or installing energy-efficient lighting but you're not sure about your options?
- Are you considering applying to the National Lottery Sustainable Community Buildings Fund for up to £50,000, opens September 2024. (Capital Funding Only, Suitable for Voluntary or community organisations (with an annual income of less than £500,000)?)
- [Sustainable Community Buildings | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](https://tnlcommunityfund.org.uk)
- Do you lack confidence in talking about your carbon footprint or the understanding of the pros & cons of all the different technologies available?

Then is Level 2 (NCFE) Award: Introduction to Domestic Renewable, Low Carbon Technologies should help you with all of the above.

Duration: Two half-day sessions followed by an assessment. (9.30am-2.30pm)

Dates: Monday 3 & Monday 10 June 2024

Venue: Fermanagh House, Enniskillen

For more information and to Register please follow this

link: <https://forms.gle/8XVj1RWmhYy5bD16>

Investing in Community Leadership: Data Protection Training

Data Protection Awareness Session, facilitated by the Information Commissioners Office NI

Who should attend?

- Do you understand what is meant by data protection, what records need to be kept and why/why not?
- Are you aware of the options available to keep personal data and information safe and secure?
- Do you know what actions you should take in the event of a data breach?
- Do you understand the role and function of the Information Commissioners Office?
- Are you a Volunteer / staff member/ committee member in a voluntary or community organisation or charity?

We are providing free Data Protection training, in partnership with the Information Commissioners Office and Volunteer Now:

Date: Tuesday 11 June 2024

Time: 6.30pm - 7.30pm

Location: Online

Interested? For more details and to register please follow this link

https://www.volunteernow.co.uk/course/data-protection/cid_0/

Please note if you are not a member of Volunteer Now you will need to register with them to proceed with booking a place:

Volunteer Now

Face-to-Face Safeguarding Training

Did you know Volunteer Now are now offering some face-to-face safeguarding training?

We still have online sessions but on certain dates, you can book in-person training.

To find out more and see the dates and venues, **including Omagh**, please click on

<https://www.volunteernow.co.uk/training/courses-scheduled/?search=&category=33&postcode=&distance=10000&training-search=1>

Health Improvement, Equality and Involvement Training Brochure

April 2024 - September 2024

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released their latest Training Brochure which is offering **free training courses** taking place across the Trust from 1 April to 30 September 2024.

This new edition of the HIEI Training Brochure features the return of the 'PANTS Webinar'.

The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCT.

To view the Training Brochure click on this link – <https://westerntrust.pagetiger.com/training-april-sept-24/1>

For course details including times and course content and to book a place, please click the 'Click Here to Register' icon below each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127.

AWARE NI Programmes for April-June 2024

Are you a community, voluntary or sports group in the Western Trust area and interested in bringing mental health programmes to your organisations?

AWARE NI have funding in place for the delivery of short one-off mental health awareness sessions and longer life skills engagement programmes between April-June 2025. If interested in either the Mood Matters Adult or Living Life to the Full programme, please contact Catherine E: catherine@aware-ni.org

Mood Matters Adults 18+

2 hours – face to face or online

Minimum 12 / Maximum 25 people

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others

Living Life to the Full 18+

6 weeks @ 2hrs per week – face to face or online

Minimum 10 / Maximum 18 people

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

Action Mindset Programme

The Mindset Programme is fully funded by the Public Health Agency, so can be delivered at **no cost** to the organisation hosting the Programme.

Mindset is a three-hour delivery (it can be delivered in either one or two sessions in all youth and community settings) and we have versions of the programme suitable for young people (14 to 17 years), Adults (18+) and SEN Groups. The programme is designed to:

- raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- raise awareness of signs and symptoms of mental ill health
- promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing
- promote self-care
- provide information and/or resources on mental health support organisations available (locally and regionally)

If you have any interest in booking the programme for your organisation, please contact Michael McLean, Project Worker (MensSana Team) who is available to deliver training during July and August, with the exception of Monday 5 to Friday 16 August and from September onwards.

T: 07976 639909 E: mmclean@amh.org.uk W: www.amh.org.uk

Free Stress Control Online Course

6 online sessions streamed via Youtube with **no sign up** required to take part in this.

The full course of 6 sessions will run for 6 weeks with each session going live on the Monday.

Course dates for 2024/25 will be available on www.ni.stresscontrol.org

Youtube Page [Stress Control Online - YouTube](#)

For more information visit [Stress Control - Stress Control](#)

Funding Opportunities

International Day of Play Community Fund UK

To celebrate the first International Day of Play, with the support of the LEGO Foundation, Change X invites communities to give play the time, space and support it deserves by hosting a playful event in your community, school or neighbourhood. **Applications open until 11 June.**

[Read more >>](#)

Music for All

Music for All provides grants for both individuals, groups and schools to enable more people to access musical instruments and lessons and music programmes for the community.

Open to eligible applicants in the UK and Ireland, Round 2 has the following categories:

- BBB Trust Award (community projects only),
- Working with primary-school aged children (community projects only),
- Chronic diseases and conditions affecting quality of life (community projects only),
- Working with groups with mental health challenges and/or affected by loneliness/isolation (community projects only),
- Working with communities from the Global Majority, in collaboration with Black Lives in Music (community projects only), and
- Physical mobility or accessibility needs (community projects).

For more information visit <https://www.musicforall.org.uk/apply-for-funding/community-project-funding/>

Round 2 Application Deadline: Monday 1 July 2024 (8am)

PEACEPLUS 2021-27: Building Positive Relations

Targeted at organisations promoting positive relations through projects which transcend local boundaries, with cross border dimensions where possible, this €35 million PEACEPLUS investment invites applications for projects that will promote positive relations characterised by respect, celebrate cultural diversity, and encourage people to live, learn and socialise together. The Programme places particular emphasis on providing support to those most marginalised within our communities. It aims to build relationships based on a greater understanding of those from different cultural backgrounds, and to ensure everyone feels part of a wider, more diverse community.

For full details visit <https://www.seupb.eu/peaceplus/overview/themes-and-investment-areas/theme-1/13-building-positive-relations/investment>

Deadline: Thursday 13 June 2024 (5pm).

Dormant Assets NI

delivered by The National Lottery Community Fund

This programme is supported with money from Dormant Assets NI. Dormant Assets NI is an expansion of the Dormant Accounts Fund NI. This programme aims to address the gaps in our Dormant Assets investment to date. We want to fund support organisations – sometimes known as network, umbrella, membership or community anchor organisations. We want these organisations to improve access to the help they provide to small, underrepresented community groups in Northern Ireland. By small community groups, we mean groups with an annual income of around £10,000 up to £100,000.

Application deadline: 12pm on Thursday 4 July 2024

For more information, please visit

<https://www.tnlcommunityfund.org.uk/funding/programmes/access-to-resilience>